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Monday, February 27, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

BOTTOMS UP!

Longtime Waldorf bartender leaves legacy of recipes. 4

Henican: The former land of opportunity. 6

NFL head coach rankings: Who's No. 1? 30

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#OSCARSSOINCLUSIVE

Jimmy Kimmel ripped into Trump but the vibe has been feel-good. 22

AFP/GETTY IMAGES

RECORD-SETTING STOCK RALLY FACES TEST

1 President Donald Trump's planned economic agenda has fanned the flames for Wall Street's record-setting run, but some investors worry that his first major address to Congress next week risks dousing it if his plans look slow to execute or are overly vague. The benchmark S&P 500 .SPX has surged 10 percent since Trump's Nov. 8 election, with optimism running high over the Republican

administration's domestic proposals, including plans to reform taxes paid by businesses. But there have been few specifics so far, and some investors believe Trump may need to provide more than just generalities when he gives his first major presidential address on Tuesday. REUTERS

IRAN NAVAL WAR GAMES AMID RISING US TENSION

2 Iran launched naval drills at the mouth of the Gulf and the Indian Ocean on Sunday, a naval commander said, as tensions with the U.S. escalated after President Donald Trump put Tehran "on notice". Since taking office last month, Trump has pledged to get tough with Iran, warning the Islamic Republic after its ballistic missile test on Jan. 29 that it was playing with fire and all U.S. options were on the table. Iran's annual exercises will be held in the Strait of Hormuz, the Gulf of Oman, the Bab el-Mandab and northern parts of the Indian Ocean, to train in the fight against terrorism and piracy, Rear Admiral Habibollah Sayyari said. Millions of barrels of oil are transported daily to Europe, the United States and Asia through the Bab el-Mandab and the Strait of Hormuz, waterways that run along the coasts of Yemen and Iran. REUTERS

NO CUTS TO US ENTITLEMENT PROGRAMS

3 President Donald Trump's first budget proposal will spare big social welfare programs such as Social Security and Medicare from any cuts, Treasury Secretary Steven Mnuchin said in an interview broadcast on Sunday. Mnuchin said Trump would also use a major policy speech to a joint session of Congress on Tuesday night to preview some elements of his sweeping plans to cut taxes for the middle class, simplify the tax system and make American companies more globally competitive with lower rates and changes to encourage U.S. manufacturing. Speaking on Fox News Channel's "Sunday Morning Futures" program, Mnuchin, who has acknowledged that tax reform is his top policy priority, said the budget plan would not seek cuts to federal benefits programs known as "entitlements." REUTERS

OSCAR NIGHT

5 Actor Ryan Gosling attends the 89th Annual Academy Awards at Hollywood & Highland Center on Sunday in Hollywood, California. For more Oscar coverage, see page 22. GETTY IMAGES

'BIG LOVE' AND 'TITANIC' ACTOR BILL PAXTON DIES

4 Bill Paxton, who rose to stardom with roles in Hollywood blockbusters such as "Aliens" and "Titanic," has died at age 61 after complications from surgery, his family said in a statement on Sunday. Paxton, who appeared in dozens of films over some four decades, had recently starred in the HBO television series "Big Love," about a polygamous Mormon family, and acted alongside Tom Cruise in the film, "Edge of Tomorrow." For his role in "Apollo 13," Paxton won a Screen Actors Guild Award for outstanding performance by a cast in a motion picture in 1996. He was nominated for three Golden Globe Award in the best actor category for his work in "Big Love" and the 1990s miniseries, "A Bright Shining Lie." REUTERS

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ALEXIS SACHDEV, WEB REPORTER

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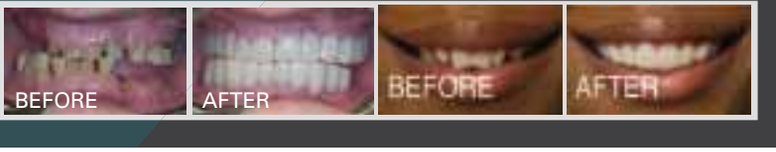

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Frank Caiafa with his book "The Waldorf Astoria Bar Book" (Penguin, 2016) AMANDA MIKELBERG AND VICTOR CHU

Last call: Waldorf barkeep records cocktail history as hotel closes

Bartender Frank Caiafa comforts grieving barflies with his Waldorf Astoria Bar Book.

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The last guest will check out of the Waldorf-Astoria Hotel at noon on Wednesday, and the Manhattan landmark will not host another for an indefinite amount of time.

The 1,412-room hotel is closing for at least two years while it is transformed into a mostly-residential building by its new Chinese owners, Anbang Insurance Group, which bought the property for $2 billion in 2014.

To those who've sought respite and spirits at the hotel's mainstays — Peacock Alley, Bull & Bear and Sir Harry's — the hotel's treasured food and beverage manager since 2005, Frank Caiafa, bequeaths more than 800 cocktail recipes and tutorials in his Waldorf Astoria Bar Book.

Unlike destination bars that attract a crowd willing to wait for and pay for craft cocktails, Caiafa explained, the Waldorf's bars were filled with travelers and their guests seeking quick service with a smile.

"Tailoring the cocktail list to produce extraordinary cocktails in a timely fashion in a complex arena – I'm most proud of that," he told Metro.

In his bible of bar knowledge Caiafa pairs nearly every concoction with a slice of Manhattan or Waldorf history, linking the cocktails with the hotel's other innovations, such as the Waldorf salad and red velvet cake, in immortality.

"I wrote the book to be timeless — that's why there are no photos," Caiafa said. "Like a piece of glassware that goes out of style, the culture changes. If you made a book in the '90s you might have some kind of blue curaçao, or some goofball pink whale — it really dates it, and takes up space."

The recipes are based largely on his own creations and updates from two Prohibition era books: The Old Waldorf-Astoria Bar Book (1934) and Old Waldorf Bar Days (1931). Both were written by the journalist and sometimes Waldorf public relations person Albert Stevens Crockett while the hotel was located on Fifth Avenue where the Empire State Building now stands. The hotel reopened at its current Park Avenue location in 1931.

Crockett's books were infused with the atmosphere of a bygone speakeasy era, cocktails named for celebrity guests, and concoctions adapted (sometimes incorrectly) from a former barkeep's apocryphal leather-bound notebook.

"Is anybody going to do anything with those two old books?" Caiafa had casually mentioned at a meeting in 2010. "They said 'that's a great idea, it should be you!' and from then it was just green light after green light."

When Caiafa set out to write the book, nobody had an inkling that the Waldorf would be closing.

"Crockett wrote the book about a hotel that no longer existed. And now I wrote a book about a hotel that will no longer exist," Caiafa said.

It was a six-year process for Caiafa to study, refine, update and reject thousands of cocktails.

"Plenty of booze went down my drain," he said.

Caiafa intended to write a book for the layman with a passing interest in mixology, and he kept peeling away until the basics were there, he said, and what he excavated was a manual for both home and commercial bars.

"You have the backbone," he said. If nothing else, Caifa's detailed instructions for making homemade bitters and tinctures will prove indispensable for any budding bartender.

"You can veer off into whatever niche is going to be, you can dream of blended drinks, but I think this touches all the bases in a study reference book," he said.

As for where Caiafa will veer next after the hotel closes this week, his options are as plentiful as the entries in the book spanning the hotel's 124-year history.

"Looking forward to fielding some interesting new opportunities — after at least a four week break," he said.

The Last Hurrah

Ingredients:

- 1.5 oz. Appleton Rare Blend 12 year old Rum
- 1 oz. Oloroso Sherry
- .50 oz. Bigallet
- China-China Amer

Directions:

- Add all ingredients to mixing glass.
- Add large ice and stir for 30 seconds.
- Strain into chilled cocktail glass.
- Orange twist, for garnish.

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APR 30	**Gary Sanchez Bobblehead Day**	AT&T- 1st 18,000 Guests
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JUN 21	**Cap Night**	Canon - 1st 18,000 Guests
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JUL 31	**Yankees Baseball Card Pack Night**	Topps - All Guests
AUG 2	**Poster Day**	Catch 24 Advertising - 1st 10,000 Guests 14 & younger
AUG 25	**Star Wars Night - Darth Vader Yankees Knit Cap**	1st 18,000 Guests
AUG 26	**Yankees Collectible Truck Day - 13th in a series**	W.B. Mason - 1st 18,000 Guests 14 & younger
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A family from Turkey is taken into custody at the U.S./Canada border on Sunday. GETTY IMAGES

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TRUMP'S AMERICA

THE FEAR FACTOR

ELLIS HENICAN

Opinion

Ellis Henican is a seasoned observer of the nation's political and social landscape. He has appeared as a commentator on CNN, MSNBC and Fox News. He is a former columnist at Newsday. Follow him @henican

The tweeting president keeps trolling the "fake" news media. White House staffers keep leaking to the very same outlets the president derides as "phony," even as government lawyers confiscate the aides' personal iPhones. And almost all of it is rooted in exaggerated fear.

Fear of Muslim immigrants. Fear of worried Obamacare clients at congressional town halls. Fear of the jokes at the White House Correspondents Dinner. Fear of what some Hollywood statue-hugger might say about the president from the Oscar stage.

But you know who has something scary-real to fear in the days ahead, far more than the dark-warners in Washington? Millions of hard-working immigrants, legal or illegal, suddenly at dire peril across Donald Trump's America.

White House senior counselor Stephen Miller, age 31, is coming back with a barely tweaked seven-nation Muslim ban.

Harsh new deportation rules have put 11 million immigrants at immediate risk of expulsion. Now, any *abuela* who runs a red light can be grabbed and shipped off, regardless of how long she's been in the country or how spotlessly she has behaved.

Here in Trump's America, the Land of Opportunity is giving way to the Land of Rising Adversity. "America First" is sounding more and more like "White, Native-Born America First," the adjectives rarely spoken but heard by millions nonetheless.

The most disturbing human story of the past few days? It's the unprovoked hate-shooting of two Indian engineers at a bar in Olathe, Kansas. A rage-filled, slur-spewing local, a U.S. Navy veteran, has been charged with killing Srinivas Kuchibhotla and wounding Alok Madasani.

Madasani's father, Jagan Mohan Reddy, is now wracked with worry about his wounded son and a second son also living in America. Should he urge his boys to return to India at once for their own safety?

"We have to think it over," the fearful father said to a reporter from Hyderabad, India. "My sons are not new to America. They have been staying there for 10 to 12 years. This is a new situation, and they are the best judges."

No one but the shooter pulled the trigger. But it's not unreasonable to ask: Who put the gun in his hand?

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Lightning strikes Lower Manhattan as a thunderstorm passes through New York City. GETTY IMAGES

WEATHER TALK: THUNDEROUS FEBRUARY

If you watched in raw wonder, mouth agape, on Saturday as an iron-clad vanguard of severe thunderstorms advanced on New York from the west, you were not alone.

Thunderstorms? Severe thunderstorms in February?

Though reduced to just heavy downpours once they reached the city and Long Island, this line was nearly as rambunctious crossing Pennsylvania, upstate New York and New Jersey as any of our mid-summer's strongest.

While I couldn't dig up the official average number of thunderstorm days in February for New York, I'll offer that the number is near zero! But our climatological average for the whole year is about 25, and to have a scenario unfold like the one over the weekend is certainly extremely rare for late winter.

So, what can we take from Saturday's episode as we move forward into March this week?

For one, winter is most certainly on its last legs here. Look at the clash of air masses along this last cold front: Tremendous, bizarre warming occurred ahead of it; a seasonable, cooler air mass settled in behind it. Warm air, with forcing from the cold front, provided the energy to build some of those thundercloud tops to over 40,000 feet!

That incredible warm-up last week — many record highs were set on Friday and Saturday — has lingering effects that will last into spring!

The total amount of heat that we receive, absorb, reflect, radiate, is called our "heat budget." Having made a nice "deposit" into our annual heat "bank," coupled with an ever-increasing sun angle, makes it tougher for cold invasions from the north to get a foothold here.

Look at the cold air mass we're in now: After a near freeze yesterday morning, how "cold" are we now? Warmer air is making a quick return as we ring in March, though it will be heralded by a warm front that'll keep us under umbrellas for parts of the week before another cold invasion tries to overpower us Thursday.

Michael Friedmann, a New York-area meteorologist, can currently be seen on metropolitan area cable news on weekends.

Follow him on Twitter @WeatherTalk.

The week ahead

Today: Becoming mostly cloudy, chance of drizzle late; high 50

Tomorrow: Breaks of sun, mostly cloudy, light rain late; high 56

Wednesday: Mostly cloudy, showers likely, possible thunderstorm late; high 64

Thursday: Partly cloudy, windy, sharply colder; high 45

Friday: Cloudy, windy and cloud, chance of flurries; high 36

Saturday: Sunny and chilly; high 43

Sunday: Mostly sunny, mild; high 55

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Circus draws animal rights protesters to final shows

Fans who attend the 15 shows in Brooklyn are being met by loud opposition from a coalition of groups.

AMANDA MIKELBERG
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Animal rights activists gathered in 2016 to protest outside Barclays Center arena, They're back again for the final appearance of the Ringling Bros. and Barnum & Bailey circus in Brooklyn. GETTY IMAGES

On its farewell tour, "The Greatest Show on Earth" is still causing a stir.

As Ringling Bros. and Barnum & Bailey circus began its nine-day stop at the Barclays Center in Brooklyn last week, animal rights activists began their own sustained protest outside.

Called the Animal's Battalion, the grassroots group has demonstrated at nearly every performance the circus has put on at the Barclays Center since the space opened in 2013.

It is again mustering forces to protest the circus' final 15 performances at the Brooklyn arena, which end on Friday.

Last month, the 146-year-old circus said it would fold up its tent forever, citing low attendance, high operating costs and the impact from pulling the elephant act from the show last year. After a multi-state tour, it will hold its final performance on May 21, at the Nassau Veterans Memorial Coliseum in Uniondale.

Despite Ringling's stated intention to close, the animal activists have not gone away.

For the Brooklyn shows, protesters include PETA, Compassionate Works International and Long Island Orchestrating for Nature (LION). Those members will join The Animal's Battalion and its founder, Roberto Bonelli.

"Ringing is coming to an end, but our work is not because animal abuse continues," Bonelli told Metro. "There are other circuses," he said, citing Cinco Hermanos Vazquez and UniversSoul Circus, which still use animals in their shows.

The fanfare Ringling Bros.' last days has stirred is also a good opportunity to educate the public, Bonelli said.

P.T. Barnum introduced animal acts to the circus

It dates back to 1871, but the circus really expanded under showman P.T. Barnum, who established the use of exotic animals in his act at the original Madison Square Garden, and acquired the African elephant, "Jumbo," in 1882. He continued to highlight animals as spectacle, and once paraded exotic creatures, including 21 elephants and 17 camels, across the newly built Brooklyn Bridge — to demonstrate its soundness — in 1884.

The current version of Ringling Bros. and Barnum & Bailey formed in 1919. That was when the Wisconsin-based Ringling Brothers' World's Greatest Show merged with Barnum & Bailey's Greatest Show on Earth, 28 years after Barnum's death.

While Ringling Bros. retired elephants from the stage last year (they went to the circus' own Center for Elephant Conservation in Florida), it still uses lions and tigers. Bonelli said those animals have no business being in a circus, and should either be released to their natural environment or kept in sanctuaries.

Despite the objections of animal advocates, the circus has its legions of fans, and P.T. Barnum remains a symbol of a bold American entrepreneur.

For the views of a circus supporter, visit metro.us.

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By *NY Pain MD*

***NY Pain MD* is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.**

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make ***natural*** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why ***NY Pain MD*** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at ***NY Pain MD*** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at ***NY Pain MD*** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why ***NY Pain MD*** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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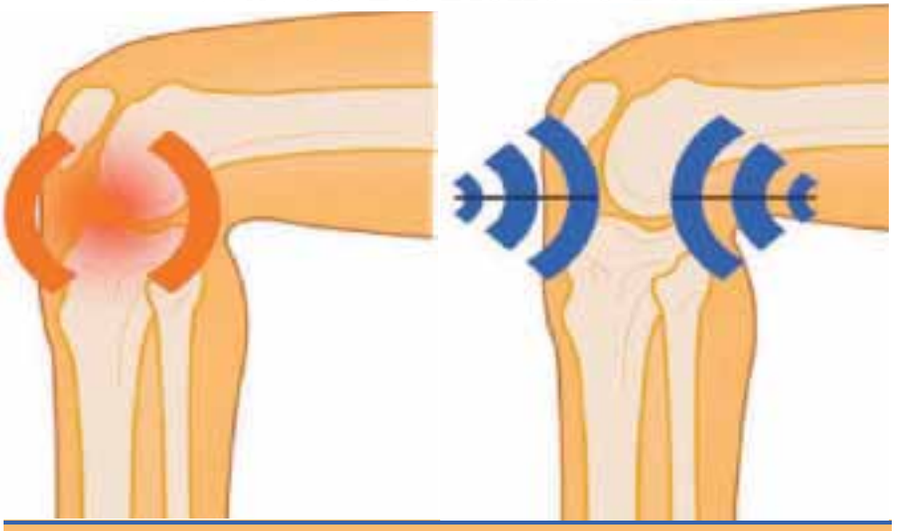

Science rescues knee arthritis sufferers?: **Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indiciate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their ques-tions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordiantators will get you appointed for next month

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Hate crime spike prompts New York to spend $25M to boost security at schools, day-care centers

Gov. Andrew Cuomo said the grant will fund security training, cameras and door-hardening measures.

ALEXI FRIEDMAN
@MetroNewYork
alexi.friedman@metro.us

Following the recent spike in the number of reported hate crimes in different locations, New York state will spend $25 million to boost security around schools and day-care centers at particular risk.

Gov. Andrew Cuomo made the announcement Thursday, noting a bomb threat that was called in to the Anti-Defamation League's headquarters in Midtown Manhattan the day before. He also noted the significant increases in reported hate crimes targeting Muslims and lesbian, gay, bisexual and transgender individuals last year.

The $25 million grant will fund additional security training needs at schools and day-care centers, along with cameras, state-of-the-art technology, door hardening and other related security upgrades

"New York must always be the beacon of tolerance and hope for all, and with the recent explosion of anti-Semitism and hate crimes, it is more important than ever before that we do everything in our power to ensure the safety and equal treatment of all New Yorkers," Cuomo said. The grant program will be administered by the state Division of Homeland Security and Emergency Services.

The governor announced the measure following a roundtable with 50 religious leaders from across the state, including members representing the Christian, Jewish and Muslim faiths, his office said.

New York Gov. Andrew Cuomo. GETTY IMAGES

Since January, there have been 69 incidents of bias and discrimination at 54 Jewish community centers in 27 states, according to the JCC Association of North America.

The state also launched a Hate Crimes Text Line to enable New Yorkers to easily report incidents in their community. Those who have experienced or witnessed bias or discrimination are encouraged to text "HATE" to 81336 with details of the incident, including photo or video documentation. The texting capability expands on the state's toll-free telephone hotline that began in November, allowing people to report incidents of bias or discrimination.

A $5,000 reward will also be made available for any information leading to an arrest and conviction for a hate crime.

"Any acts of bias or discrimination will be met with the full force of the law," Cuomo said.

"New York must always be the beacon of tolerance and hope for all . . ."
Gov. Andrew Cuomo

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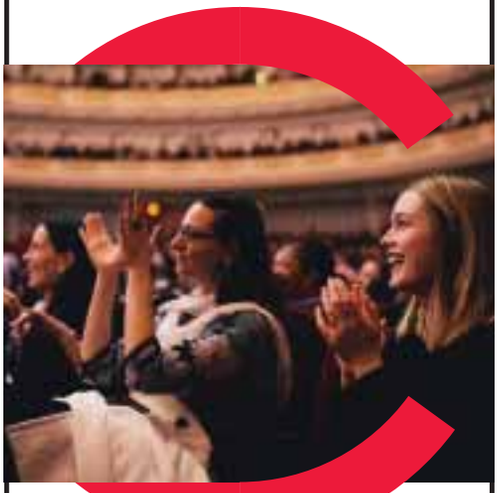

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Sanders: Democrats must overhaul party, attack big business

Democrats are struggling to recover from an electoral rout in November in which they lost not only the White House, but both chambers of the U.S. Congress. Republicans won the governor's office in 33 states, up from 31, and increased their dominance in state legislatures.

Sen. Bernie Sanders GETTY IMAGES

Former U.S. Democratic presidential candidate Bernie Sanders on Sunday urged a major overhaul of his party, calling for more aggressive efforts to court working-class voters and fight big businesses from Wall Street to the pharmaceutical sector.

Sanders, who spoke a day after Democrats chose Tom Perez, a veteran of former President Barack Obama's administration, as their new party chairman, said it was also crucial for progressives to do more to mobilize grassroots supporters to take on Republican President Donald Trump.

"We need a total transformation," the 75-year-old U.S. senator from Vermont said on CNN's "State of the Union."

> *"We need to open up the party to working people, to young people and make it crystal clear that the Democratic Party is going to take on Wall Street, it's going to take on the greed of the pharmaceutical industry, it's going to take on corporate America that is shutting down plants in this country and moving our jobs abroad."*
>
> Sanders

The unexpectedly strong challenge from Sanders, a Democratic socialist, to Hillary Clinton in the 2016 Democratic presidential primary laid bare the fissures within the party.

Sanders' calls to rein in big businesses echoed a campaign theme that energized his supporters during the Democratic primary.

Sanders had backed U.S. Rep. Keith Ellison, a liberal from Minnesota, to lead the Democrats but threw his support behind Perez after Saturday's vote. Perez promptly made Ellison his deputy after the election.

Trump seized on the result to reprise a favorite phrase from the presidential campaign, calling the race for Democratic National Committee chairman "totally rigged."

"Bernie's guy, like Bernie himself, never had a chance. Clinton demanded Perez!" he said in a Twitter post on Sunday.

Perez, who was labor secretary under Obama, promised to rebuild the Democratic Party and redefine its mission from the grassroots up.

"That's what we have to do as Democrats, help elect people in statehouses, presidency, local government and everywhere in between," Perez said on NBC's "Meet the Press."

Democrats did not invest enough in their party infrastructure and grassroots organizing and ignored large swathes of rural America, Perez said in a round of television appearances.

Trump swept those areas and the Rust Belt region in the Midwest with his talk of bringing jobs back to America and renegotiating the trade deals many blamed for their loss.

Perez cited the angry town halls some Republican lawmakers have faced recently and said it was important for Democrats to harness that energy into the ballot booth. REUTERS

Bergdahl lawyers ask Army court to dismiss case due to Trump comments

Lawyers for U.S. Army Sergeant Bowe Bergdahl said on Sunday they will ask an Army appeals court to dismiss charges against him in the belief that President Donald Trump's repeatedly calling him a "traitor" during the election campaign make it impossible for him to get a fair trial.

Bergdahl's defense team plans to make the request on Monday at the U.S. Army Court of Criminal Appeals in Virginia, Attorney Eugene Fidell said in a telephone interview. In a lower court, military Judge Jeffrey Nance of U.S. Army Trial Judiciary Second Judicial Court in Fort Bragg, North Carolina, rejected their argument.

Bergdahl, who spent five years as a prisoner of the Taliban in Afghanistan after walking off his post in 2009, faces a court-martial on charges of desertion and endangerment of U.S. troops.

The soldier's attorneys argue that comments made by Trump on the campaign trail before his November presidential election victory condemning Bergdahl, at one point calling him "a no-good traitor," have denied their client of his due-process rights.

"Our position is that President Trump's comments during the campaign repeatedly vilifying Sergeant Bergdahl prevents him from getting a fair trial," Fidell said. REUTERS

Bowe Bergdahl GETTY IMAGES

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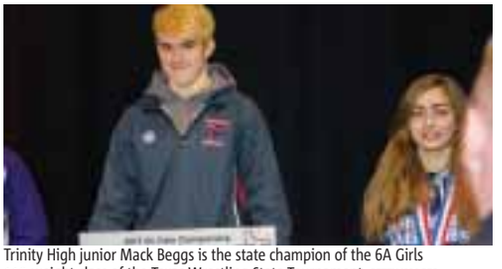
Transgender teenwrestler wins Texas statechampionship

Mack Beggs' win came days after the Trump administration revoked landmark guidance to public schools letting transgender students use the bathrooms of their choice, reversing a signature initiative of Barack Obama.



Trinity High junior Mack Beggs is the state champion of the 6A Girls 110-weight class of the Texas Wrestling State Tournament. GETTY IMAGES

Mack Beggs, a 17-year-old high school wrestler who is transitioning from female to male, took home gold in the 110-weight class of the Texas girls state championship after the state refused to allow the student to compete against boys.

Beggs, his family and many of his opponents wanted him to wrestle against male wrestlers, but state sport regulations require athletes to compete according to their birth gender.

Some of the wrestler's opponents have said Beggs had an unfair advantage among girls because of the testosterone he is taking as a part of his gender transition.

The University Interscholastic League, which governs school sports in Texas, said the state's education code allows the use of a banned drug such as steroids if it "is prescribed by a medical practitioner for a valid medical purpose."

Beggs, a junior at Trinity High School in the Dallas suburb of Euless, had a 52-0 record ahead of the weekend tournament and was favored to win the high school championship in his weight class. On Saturday, he beat Chelsea Sanchez 12-2 to earn the championship.

After his victory, Beggs told reporters he wanted the focus of Saturday's championship to be on his teammates rather than him.

"That's honestly what the spotlight should've been on, my teammates," said Beggs, while backed by his team and wearing a gold medal around his neck.

About a week ago, Beggs won a regional championship after a female wrestler from a Dallas-area high school forfeited the final.

The parent of another girl who wrestles for the same Dallas-area high school had filed a lawsuit trying to block Beggs, saying his use of testosterone increases his strength and could pose a risk to opponents.

Nancy Beggs, the wrestler's grandmother and guardian, told the Dallas Morning News after the forfeit in the regional championship match: "Today was not about their students winning. Today was about bias, hatred and ignorance." REUTERS

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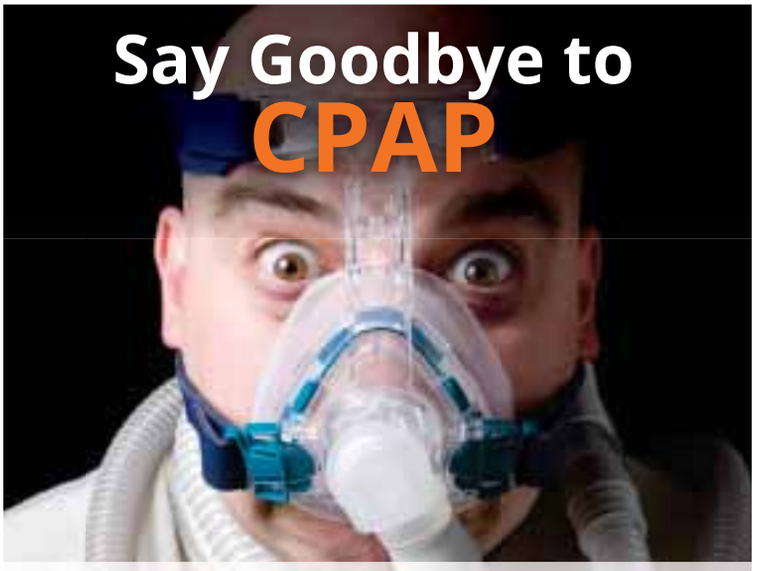

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FASTRACK

Man charged in New Orleans Mardi Gras parade crash

A 25-year-old man accused of plowing a pickup truck into a crowd of spectators at a Mardi Gras parade in New Orleans was arrested and charged with injuring 28 people in a crash that brought chaos to the city's signature celebration, authorities said on Sunday.

New Orleans police booked Neilson Rizzuto after taking him into custody in "a highly intoxicated state" immediately after the accident on Saturday evening, the department said.

Rizzuto was charged with two charges of vehicular negligence injuring in the first degree, hit-and-run driving and the reckless operation of a motor vehicle, according to a statement.

No further information about Rizzuto was immediately available.

Neilson Rizzuto
NEW ORLEANS POLICE DEPT.

The truck driven by Rizzuto was traveling along the side of the street open to traffic along the parade route in the Mid-City neighborhood of New Orleans when it struck three other vehicles, including a dump truck. It then veered onto the median where a crowd of people stood watching the procession, police said.

Five people were being treated at hospital trauma centers and an investigation is ongoing, police said.

Police immediately apprehended the driver, who according to eyewitnesses interviewed by Fox television affiliate WVEU-TV appeared disheveled, glassy-eyed and under the influence of drugs or alcohol.

In a statement, Mayor Mitch Landrieu referred to the suspect as a "drunk driver."

Video footage from the scene showed pandemonium immediately following the incident, but the Krewe of Endymion parade, the largest and most popular of numerous Mardi Gras season parades in New Orleans, continued with little or no interruption.

Of the 28 people injured, 21 were taken to local hospitals, including one police officer. Seven others who were hurt declined transport, Police Chief Michael Harrison told a news conference.

Local media reports said 12 people were initially listed as critically injured.

Harrison said police believed the motorist who was arrested was "highly intoxicated" and was being questioned at the police department's drunken-driving office.

The Federal Bureau of Investigation in New Orleans said its agents were "coordinating with our federal, state and local law enforcement partners to determine whether a federal violation has occurred." REUTERS

POLITICS

Treason charges against Russian cyberexperts linked to seven-year-old accusations

Treason charges brought in December against two Russian state security officers and a cybersecurity expert in Moscow relate to allegations made by a Russian businessman seven years ago, according to the businessman and a source connected with the investigation.

They said the arrests concern allegations that the suspects passed secrets to U.S. firm Verisign and other unidentified American companies, which in turn shared them with U.S. intelligence agencies.

Ruslan Stoyanov, head of the computer incidents investigation team at Russian cybersecurity firm Kaspersky Lab, was arrested and charged with treason in December along with two officers of Russia's Federal Security Service (FSB), since identified as Sergei Mikhailov and Dmitry Dokuchayev.

Authorities have given no public explanation for the arrests, which, as Reuters has previously reported, caused a chill in cooperation between Russians and U.S. researchers in the cyber crime-fighting field.

The source connected to the investigation said the arrests were a result of accusations first made in 2010 by Pavel Vrublevsky, a Russian businessman and founder of ChronoPay, an online payments company. Vrublevsky told Reuters he had also learned that the arrests were a response to his allegations: that Stoyanov and Mikhailov had passed secrets on to American firms.

A representative for Stoyanov's defense team declined to comment for this article. Reuters was unable to locate representatives for Mikhailov or Dokuchayev.

Verisign denies that it received information that was secret. The firm's iDefense unit compiled dossiers on cyber crime for clients including private firms and government agencies that include U.S. intelligence services, but it says its research did not contain classified information. REUTERS

Kaspersky Lab headquarters
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The Oscars go high instead of low

Host Jimmy Kimmel led the pack in using the stage to rage against our fearless leader, but most of the winners stayed positive. **MATT PRIGGE**

The winners — not just 'La La Land'

Remember #OscarsSo White? After last year's blindingly beige ceremony, the Academy assured us they'd take measures to ensure it wouldn't happen again. And it appears to have worked. None of the four acting categories didn't look like a Trump White House photo op.

Of course, this was also the year that a record number of nominations went to a film in which Ryan Gosling saves jazz. "La La Land" won a lot. But the love still went around. One key award it lost was Best Adapted Screenplay, which went to "Manchester by the Sea" instead. "Moonlight"'s Barry Jenkins didn't win for Best Director — that went to "La La Land"'s Damien Chazelle — but his screenplay did get the Adapted trophy. Oh, and it won Best Picture.

Casey Affleck predictably won for "Manchester by the Sea," while Emma Stone not-very-predictably nabbed the Best Actress award, defeating "Elle"'s Isabelle Huppert. "Moonlight"'s Mahershala Ali and "Fences"' Viola Davis took the Supporting categories, and rightly so.

Jimmy Kimmel frontloads his Trump disses

This year's Oscars opened with a Justin Timberlake number, which meant a bit less of Jimmy Kimmel. Our host was quick to make a Trump yuk, referencing the audiences in other parts of the globe, including "the 225 countries that now hate us." He rattled off POTUS' Meryl Streep disses and asked if she was wearing Ivanka. He asked The New York Times and other news organization to leave. He did thank our president, in a way: "Remember last year when they said the Oscars were racist?"

He kept it going all through the ceremony, as though she was attempting to goad everyone into apoplectic fits. Most didn't bite. Hell, even Meryl Streep, brought up to present Best Cinematography to "La La Land," said nothing.

The night's best speech

The most forceful Oscars speech was given by someone who wasn't there. Asghar Farhadi, whose film "The Salesman" won for Best Foreign Language Film, was not in attendance, out of protest of the threatened "Muslim ban," which previously banned the Iranian filmmaker from attending. He prepared a read statement, though.

"My absence is out of respect for the people of my country and those of the other six nations that have been disrespected by the inhumane law that bans entry in the U.S.," it read. "Dividing the world into the 'us and our enemies' categories creates fear." He added that movies, such as his own, helped "break stereotypes of various nationalities and religions. They create empathy between us and others — an empathy we need now today more than ever."

"The Salesman" director Asghar Farhadi was not in attendance, out of protest."

Speakers not so anti-Trump, but still very woke

Fourteen Oscars ago, Michael Moore was criticized for using his "Bowling for Columbine" win to attack Dubya. Cut to 2017 and it's almost a letdown when winners don't take on the sitting president. The speeches of the early part of the evening didn't go full-Michael Moore. In fact, they stayed positive, not negative, going high, not low. They didn't all lecture, as so many had predicted.

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But of course, lecturing is important, too. Before presenting the Oscar that went to "Zootopia" — an animated smash that was a thinly veiled takedown of racial discrimination — Gael Garcia Bernal opened up. He said that actors are essentially "migrant workers," then added, "As a Mexican, as a Latin American, a migrant worker, as a human being, I'm against any form of wall that wants to separate us."

High glamour on the Oscars red carpet

Here's who won the night. **TINA CHADHA**

Isabelle Huppert in Armani Prive

Ruth Negga in Valentino

Emma Stone in Givenchy Haute Couture

Taraji P. Henson in Alberta Ferretti

Hailee Steinfeld in Ralph & Russo Couture

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Samantha Barks wants to cheer up

Though her latest film, the historical saga "Bitter Harvest," is punishingly dark.

MATT PRIGGE
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In "Bitter Harvest," Max Irons and Samantha Barks play two young people caught up in the "Holodomor," when Stalin's Russia created a famine throughout Soviet Ukraine. MARK TILLIE

Samantha Barks doesn't always have it rough. The English actress is best known for playing heartbroken Eponine in "Les Miserables," first on stage in London and then in the 2012 movie. And in her new film, "Bitter Harvest," she takes the role of Natalka, a young woman in Soviet Ukraine who struggles to survive through the Holodomor, when Stalin instituted a manmade famine that led to the deaths of 2.5 million to 7.5 million. It's a grim movie, though Barks, 26, has been segueing to lighter fare: She just did "The Last Five Years" in London — which is sad, too, but at least allows her to fall in love — and she's about to do a one-off show of the "Honeymoon in Vegas" musical, also written by Jason Robert Brown.

Do you have roles you're hoping to play now that you're in your mid-20s and not stuck only playing younger roles?

I don't particularly say, "I want to be in this." When an exciting role comes along, I take it.

So you live in the moment? You're not into having a five- or 10-year plan?

Certainly not. I used to. When I was 15, I would map out my career. But it's nice not to have a plan and let the surprises come in. You just don't know where life's going to take you. It's cool to be open about where life goes as opposed to thinking, 'That's not really the plan' or 'That's a bit different from the plan.'

Getting the "Les Miz" movie role was a big curveball. "Bitter Harvest" is another. It's a lot different than the roles you've had.

GETTY IMAGES

It's something I've been eager to do, to play a role like this. It's a tragic role. Natalka has all the highs, from meeting the love of her life and getting married, to all the horrible lows, including things like rape and her family being murdered. It's heart-wrenching. To ride that wave of emotions was a brilliant challenge.

It's important to both know about the Holodomor — which was suppressed and not widely known till the 1990s — but also to see what it's like for people who are helpless in the face of atrocity.

They are such helpless characters. What's fascinating is that when people feel they're in a hopeless situation, an inner strength comes out of you that you didn't necessarily knew you had. There's a real collective sense of prevailing through horrendous times. Those connections you have with family and loves are hard to break. That's the beautiful thing about us as humans.

These kinds of things are still happening today, and too often we turn our heads and ignore it.

You think things like this happens so any years ago. But your grandparents were alive then, your ancestors went through horrendous times. It's incredibly sad because we think of things like this as a separate time, that it happened then and now we're all fine. You have to put yourselves in their shoes and think, "Would I be so brave? Would I be able to stand up in that moment of desperation and save my family?" That's what my character does.

On the lighter side of ...

You do play a lot of desperate characters. But you seem to be doing some lighter fare now as well.

"The Last Five Years" is quite comedic, really. I've done a lot of misery, and it's nice to have your friends and family go, "You're funny! You're not crying or dying! That's fun!" It's great to have fun on stage as opposed to dying. The great thing about "The Last Five Years" is it travels backwards. So at the beginning they were like, "Oh, she's heartbroken again, here we go." Then all of a sudden I'm happy. [Laughs]

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How to deal with rejection

Rejection hurts, but it's an inevitable —and necessary — part of dating. ISTOCK

Single and Swiping

LAURIE DAVIS

There's nothing worse than going on an amazing date … only to get ghosted. It can send you into a spiral. You may think, "Could I have misread her signals that much?" Or, "He said he wanted to go out again, so why isn't he asking me out?"

The feeling is similar even if the person does respond to you — and says "no." On one hand it gives you certainty — your date did reply even if it wasn't the outcome you were hoping for — but you're not sure why they aren't interested any more.

Whether the person ghosted or said no, you feel rejected.

In these scenarios, I notice that my clients have a tendency to turn inward and blame themselves. Maybe you ask yourself the same things they do, like:

"How come I'm not compelling enough for him?"

"What did I do wrong?"

"Is anyone ever going to want me?"

It can feel like something is wrong with you. But, what if the problem wasn't you at all?

When you're in the early stages of dating, you're still learning about each other — and that means you don't fully understand the intricacies of the other person's life. So what if instead of the problem being you, the problem was that there were other things blocking them from having the relationship they wish they could have? What if they weren't in a position to completely connect with anyone? There could be any number of things happening in their life that don't involve you.

Next time you have the urge to overanalyze the "why" and wonder what's wrong with you, look for the evidence that all is right. Focus on creating new connections. Because as much as rejection can sting, it's necessary on your path to meeting the right person.

As my husband and fellow dating coach always says: The path to connection is through rejection. If no one is saying no, you may not be putting yourself out there enough to receive a yes from the right one.

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service.

Charles Osborne stars as Donald Trump (among others). PROVIDED

Trump so far: the musical

Haven't we all had a Donald Trump-related fever dream by now? "Forbidden Broadway" alum Charles Osborne has had enough of them to make an "all-singing, all-dancing, highly gay" musical.

"Charles Osborne's Trumped-Up Birthday Fever Dream" is what happens when a makeover goes horribly wrong, leaving show creator and star Osborne looking like the tangerine-colored ruler of the (increasingly less) free world. His anxiety spirals down into politically themed hallucinations featuring Melania Trump's gospel-style lament about trading her glamorous life for slumming it as first lady and, in a performance surely worth the ticket price alone, Vladimir Putin has his own golden-shower moment a la "Flashdance."

"New York has been in such a strange place since the election, we really felt like we had to do something," says Osborne. "And we think right now what New York needs to do most is laugh. Take action, but laugh."

This one-night-only musical will take place March 1 at 10 p.m. at the Laurie Beechman Theatre (407 W. 42nd St.), with proceeds going to the ACLU — because while Osborne does eventually wake up, the rest of us are stuck in this nightmare, and they're the ones fighting on the front lines. Tickets are $20, plus a $20 food and drink minimum. EVA KIS

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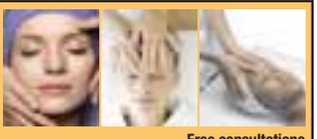

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Katherine McPhee: 'Scorpion' is ignored by critics but loved

The actress chats about the third season of the television series.

LUCIA HERNÁNDEZ
MWN
letters@metro.us

Katharine McPhee stars as Paige Dineen in "Scorpion." CBS

"Scorpion" is a television series inspired by the life of renowned computer expert Walter O'Brien. In it, he and his team of geniuses work to defend the world against tech threats. Katharine McPhee stars as Paige Dineen, their office manager, who helps them understand everyday people a little better. We chat with McPhee about what to expect from Season 3, the show's success and the future of her singing career.

What's new in third season of "Scorpion"?

The team will continue to go through the same situations but there will be more romance. If there is someone in the audience betting on the relationship between Toby and Happy, I can say that a lot more will be revealed this season. I think the writers are getting better, and the characters individually are going to have more fun. We have not finished filming the entire season — we have five episodes to go. What I can say is that the relationship between Paige and Walter is going to go through some very complicated moments.

Why do you think "Scorpion" is successful?

A number of factors. I think the audience connects to the admiration that is felt towards people who are smarter than us. And to see their human side and how they struggle with the same things that we all struggle with day to day. People love to see this group of social misfits who are super good at what they do but often collide with ordinary society — yet they find a family amongst themselves.

GETTY IMAGES

How satisfied are you with the evolution of your character in this season?

This year writers are giving me much more material to play with. I'm getting to know more about Paige's past, her motivations and where she comes from. For example, we will learn more about her mother, because she will arrive to the show and that will clear up many questions about her personality. This season Paige is very stressed and frustrated by her situation and has to learn to work with Walter again. This season is stronger for me and for the character. We will see Paige more angry than we have ever seen her.

It's been 11 years since "American Idol." What's your perspective on your career and the industry?

I am very grateful for the way my career has been taking very different paths. I've always had the opportunity to do various things and that's what keeps me in love with what I do. These 11 years were interesting. I did my first show (musical drama television series "Smash") that lasted only two years, but I was able to sing, dance and act and I played a sweet and innocent character. Now I'm playing a single mother who has to be strong. This is a show about procedures, but it's a lot of fun. I've been able to try some comedy and drama. Shows like "Scorpion" are ignored by critics, but they are successful. And I'm very lucky to be able to do all this.

Have you ever met anyone in real life who could be part of "Scorpion"?

The pilot was based on real life of Walter O'Brien and from there, writers have developed fictional stories inspired by him. He sometimes visits the set and is always working on crazy things. I think it's the closest I've been to that kind of work in real life.

Have you learned all the technical jargon?

Well, I'm the one who uses it the least. But for the rest of the cast, I know it's been the most challenging series. And their technique is to repeat it over and over again until they learn those complicated dialogues by heart. The way I learn my lines is by understanding what the intention of the scene is. That is how words come to my mind. Maybe they are not the exact ones, but the intention is [there]. And that's the important thing. However when it is a very technical dialogue, it is more difficult because they have to be the exact words although sometimes they do not make any sense.

It's been two years since you released your album "Hysteria." Do you have any plans regarding your musical career?

Yes. I'm working on a record now, with a legendary producer who has worked with John Mayer and the Rolling Stones. I met him a year and a half ago behind the scenes of a Frank Sinatra special. It will have a lot of that style of songs that I listened while I was growing up.

Is there any other genre that you would like to explore as an actress?

Yes, I'd love to do a romantic comedy. It is a genre that is being done less and less, like the ones Julia Roberts used to do. Among my favorite movies are "The Father of the Bride," "Pretty Woman," "Love Actually," I hope those kinds of films come back, because I would love to play a character like that.

The next episode of "Scorpion" airs tonight on CBS at 10 p.m. EST.

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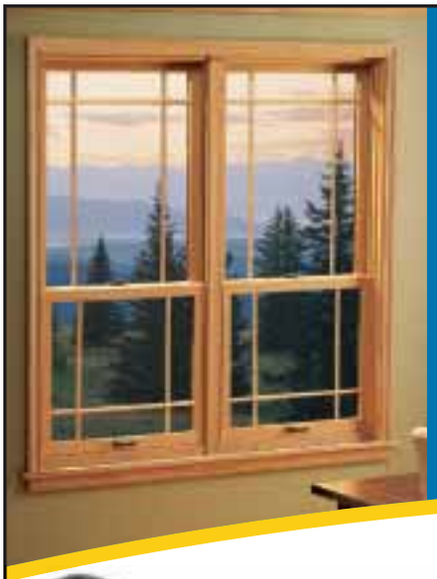

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By Chloe co-founder Sam Wasser
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How to get Insta-famous

By Chloe founder Samantha Wasser shares the secrets of the brand's social media success.

RACHEL RACZKA
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Even before By Chloe touched down in Boston's waterfront, the buzz was already real. Oversize bowls of crunchy vegan delights and dairy-free mac and cheese made with smoky shiitake "bacon" had long tempted local Instagram "likers" who were hours away from indulging in the New York fast casual spot.

But now, By Chloe starts its Boston domination, and with them, they bring an arsenal of photographic "moments," as co-founder/Instagrammer-in-chief Samantha Wasser likes to say. White swings sit by the front window, while bright-textiled banquettes line booths along the walls. The Moroccan tables are clean and simplistic, and each features colorful pops from small potted plants — perfect accents for a flatlay.

And, of course, it's all strategic. Wasser says the importance of Instagram was ingrained in the brand from its 2015 launch, and is executed within every facet of the space. "We even change the bathroom and hallway wallpapers, so we create little social media moments there," she adds. "We make sure every aspect lends itself nicely to photos."

The restaurant's account, @EatByChloe, lists upward 64,500 followers; its hashtag, #ByChloe, boasts more than 17,000 posts featuring their grub by users. (With some outlying stragglers, namely ones named Chloe.) Wasser shares some of her Instagram knowledge.

Create a vibe, not an advertisement

Instead of just showcasing menu items, Wasser thought: "How do we create an original voice that's fun, instead of: Here's our quinoa taco salad, 10 different ways."

She decided to post mood boards featuring playful food and fashion vignettes. The 29-year-old collects the pop-art photos from Pinterest and lays them out in a grid. Wasser also kicks back to the artists whose work she features, bringing their voices into the account with hopes her followers will share.

Response rate is everything

Instagram is a two-way road, says Wasser. While the likes are grand, it's up to a brand to engage to create a meaningful relationship. "We tried to be as approachable as possible," she explains.

Post a pic of your meal? By Chloe likes. Ask a question about chipotle aioli? By Chloe replies.

"Social media is all about real-time. If I answer your question three days later, that's not good enough," she adds. "You want it instantaneous. I always tell people 10 minutes is too long."

Engage with Instagram stories

Don't forget about Instagram's live and vanishing photo feature. Wasser says the option to share real-time and behind-the-scenes photos and videos have allowed her to show the By Chloe brand in a whole new light.

"I try to use it as much as possible. It's important to show live time — I like showing the lines at lunch, or something that doesn't necessarily make sense as a photo, but shows people what actually goes on at the restaurant."

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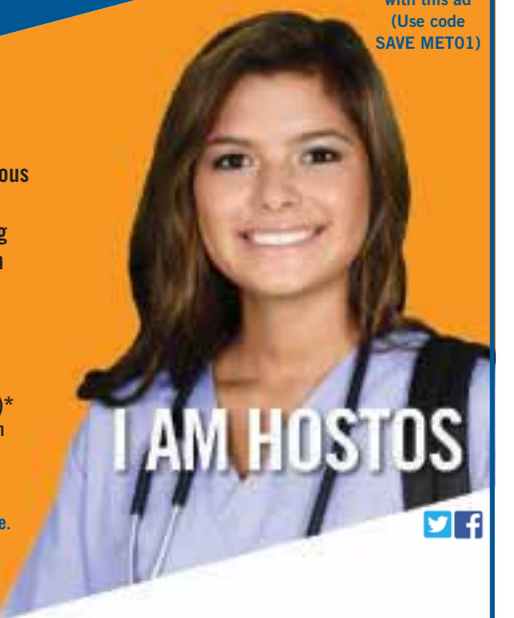

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Students learn the importance of empathy and collaboration. ISTOCK

Design thinking is revolutionizing the classroom

This innovative approach to learning may transform the way teachers and students think about creative problem-solving.

SARA FEINSTEIN
@SaraBFeinstein
sara.feinstein@metro.us

A new approach to learning is turning the traditional education model on its head.

"Design thinking" lets students tackle a problem they want to solve by first identifying real human issues, like chronic pain and bullying in schools.

They then research and develop a wide range of possible solutions, which they take into the field to test with real people. The process has been trending among educators.

"We put the power in the hands of the students," says Sarah Stein Greenberg, executive director of Stanford University's d.school of design. "They're the ones that actually navigate the ambiguity of uncovering what those needs might be, and then figuring out how they can be satisfied."

While the standard educational approach typically rewards students for coming up with the "right answer," and quickly, the design thinking method values the process over the end product.

In other words, students need to be comfortable with failure, and ready to continuously generate and test out new ideas.

She gives the example of a group of students at Stanford who used the design-thinking method to address the issue of clubfoot in developing countries. Their task: to come up with a brace that children could wear after surgery that would be affordable and of high-quality.

The students began by traveling to Brazil and observing clinicians working in hospitals, and staying with families of children who had the condition. When they returned, they went straight to the drawing board: brainstorming and prototyping possible solutions. The end product which they designed — an injection molded brace — is now being tested all over the world.

And that was just one example of the methodology being rolled out, says Stein Greenberg. As educators seek to learn more about design thinking and how they can incorporate its principles into their classrooms, there have been a variety of conference sessions and certificate programs that have emerged to accommodate demand.

When executed properly, "Design thinking teaches students the value of empathy for others, collaboration with team members, and the many intricacies of creative problem solving," says Stein Greenberg.

It also prepares them to tackle the problems of a world that is growing increasingly complex.

"Our school system is still trapped in an old paradigm where the model of learning is fairly rigid, with a very strong adherence to a testing based culture," she explains.

"We want to see students be more prepared for navigating ambiguous problems, and the kinds of tools that we use within design are a way to potentially come up with very powerful and innovative solutions for the future."

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Two AFC head coaches with Super Bowl rings top our list of best active NFL head coaches. GETTY IMAGES

NFL head coach power rankings

No. 1

Bill Belichick

Evan Macy, Metro Philadelphia sports editor: Matt and I considered trolling everyone by putting Belichick second, but with five Super Bowl rings, he's not only the best active coach in the NFL, but probably one of the four or five best ever to coach the game.

Matt Burke, Metro Boston sports editor: One of the four or five best ever?! This is why Belichick is going to coach until he's 100 — to convince every last person on the planet that he is greater than Lombardi or Noll or Walsh. When Lombardi was winning titles there were 14 teams in the league and no free agency. Belichick now has five Super Bowl titles in a much more difficult era.

No. 2

Mike Tomlin

EM: There isn't a clear No. 2 this year, especially after how Dan Quinn's Falcons imploded with a 28-3 lead in the Super Bowl. Looking past that, Tomlin's Steelers overcame a bevy of injuries and setbacks last season to make a quiet run at an AFC Championship Game.

No. 3

Dan Quinn

MB: Kyle Shanahan deservers half the blame for the Falcons not killing the clock down the stretch in Super Bowl 51, but the buck needs to stop with Quinn. As for the Falcons' defense, which couldn't stop a nosebleed in the third and fourth of that game ... what gives?

No. 4

Mike McCarthy

EM: McCarthy is sort of like Tomlin in that he finds a way to win. No running backs? No problem when you have Aaron Rodgers. There were too many pieces missing last year for the Packers to make it to the Super Bowl, but it was impressive they got as close as they did.

No. 5

Pete Carroll

MB: Carroll is getting sloppy in his old age. He refused to put Richard Sherman on the injury report all season despite the corner's MCL injury and now the team will likely be docked a second round pick. This is now the third time that Pete forgot the rules and has gotten his team punished.

No. 6

Bill O'Brien

EM: I think O'Brien could have been higher. It's the power rankings after all not, an all-time ranking of coaches. He lost arguably the best defensive player in football in J.J. Watt and had some of the most terrible quarterback play in the NFL, yet still led his team to the second round of the playoffs.

No. 7

Andy Reid

MB: The big guy is turning into Jeff Fisher-lite in that he's still considered a good coach based on a reputation he built 15 years ago. He's gone an impressive 43-21 in the regular season during his time in K.C., but has just one playoff win (over the Texans and Brian Hoyer) in his four years there.

No. 8

Adam Gase

EM: The award for most improved coach goes to Gase, who pretty much took the Fins out of nowhere to a wild-card spot. As an NFC guy, I didn't see this one coming, but I can only assume things will be tougher for him next year with so much tape on him out there now.

No. 9

Jason Garrett

MB: The Cowboys had two weeks to prepare for Aaron Rodgers and couldn't deal, falling 34-31 at home. The next week the Falcons (who were thought to have a weaker defense than the Cowboys) solved Rodgers pretty easily. That was a brutal job by Garrett.

No. 10

John Harbaugh

EM: What do you to with a Super Bowl winning coach who hasn't done much lately? Throw him at No. 10. Harbaugh's Ravens were in the mix for a playoff spot last year and he's overcome some big setbacks in recent years.

Best of the rest

12 — Jim Caldwell, Lions
13 — Ben McAdoo, Giants
14 — Sean Payton, Saints
15 — Ron Rivera, Panthers
16 — Jay Gruden, Redskins
17 — Mike Zimmer, Vikings
18 — Bruce Arians, Cardinals
19 — Mike Mularky, Titans
20 — Dirk Koetter, Bucs
21 — Chuck Pagano, Colts
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All eyes will be on Gary Sanchez this spring. GETTY IMAGES

Mets, Yankees spring notebook: Finally, games begin in Florida

Who's leaving for World Baseball Classic, who's off to a hot start?

ROBERT CRISCOLA
@ItsGood2BeKing
sports@metro.us

Here's an update on the latest Mets and Yankees news from Florida.

Mets' spring season starts with a win

Seth Lugo made a strong opening statement for the fifth starter role with two no-hit innings while Michael Conforto and Gavin Cecchini each went deep in Friday's 3-2 victory over the Red Sox. Lugo was encouraged by his effort.

"I tried to go in there with no expectations," he told reporters, "That's the best way to keep things simple. I was just trying to feel everything out."

When asked about his potential regular season role, Lugo replied, "Every spring I've come in, there have been guys above me. It's the same as it's always been. We'll see what happens."

Lugo will spend part of spring training participating in the World Baseball Classic and is scheduled to pitch in Puerto Rico's opener against Venezuela.

"That's the start we were looking for," Conforto told reporters. "It's Game 1 and I definitely want to get off on the right foot. It felt good to go out there, get a couple hits and put some runs on the board."

When asked about Conforto, Terry Collins told reporters: "His bat quickness is very good. The plane of his swing is much better than I saw last year. I know he worked hard this winter to go back and rekindle that old swing. It looks like he got it."

Conforto is trying to bounce back off an up-and-down year in which he hit .220/.310/.414 in just 109 games. He played 33 games with Triple-A Las Vegas.

The Duda ails

The Mets' first base plans have become murky after Lucas Duda, who missed 115 games last year due to a back issue, received cortisone shots in both his hips on Saturday.

"Lucas is not ready to play, in my opinion," Collins told the New York Daily News. "We're hoping in a couple days he'll be ready to resume activities."

The Mets' other options at first have limited experience. Wilmer Flores can play the position but he'll likely be needed elsewhere in the infield. Neil Walker and Jay Bruce were seen taking reps at first base recently.

Yanks take opener from Phillies

The Yankees started their spring training season off with a win as well, as they downed the Phillies 9-4 on Friday afternoon. The highlight of the game was Aaron Judge's towering blast to left field that nearly cleared the Steinbrenner Field scoreboard.

"Who's not impressed by that?" Didi Gregorius told the New York Times. "I told [Judge] to check the scoreboard to make sure it's OK."

"If he gets the barrel of the bat to the ball, he's going to do a lot of damage," Joe Girardi told the New York Times. "There's going to be some strikeouts … but he's a guy that can be extremely productive because of the raw power that he has."

Judge will still have to fight his way onto the team, but he seems to be fine with that.

"You're never given anything, so I feel like it's everyone's job to take," Judge told reporters. "I feel like everyone should come into spring training with the mind-set that they're out there to take a job. Nothing's ever handed out or given."

Bryan Mitchell and Luis Cessa, each competing for a spot in the lower rungs of the starting rotation, combined to keep the Phillies off base until the seventh inning in the victory.

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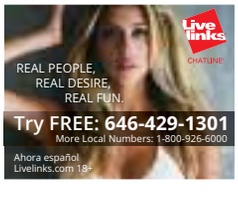

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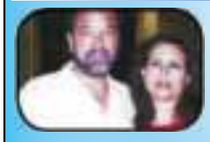

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Across
1 Firm grip
6 Punning poet
10 Sgt. Preston's group
14 Nina of fashion
15 Post-kindergarten
16 Newsman -- Abel
17 Grouchy Muppet
18 Fanatic's feeling
19 Blackberry stem
20 Hotel-suite amenity (2 wds.)
22 Crashes (2 wds.)
24 Ballpoint point
26 Wilts
27 Chinese veggie (2 wds.)
31 Place to stay
32 Crewmate of Sulu
33 Clumps of grass
36 Dawn drops
39 Calf-length
40 Composer -- Anderson
41 Instance
42 --'wester
43 Microsurgery tool
44 Zesty dip
45 Director -- Burns
46 In worse taste
48 Sudden pang
51 Vocalist -- Sumac
52 Undue influence
54 Tracked down
59 Coal scuttles
60 Poker stake
62 Spice tree
63 Old ruler of Venice
64 Clock part
65 Four-bagger
66 Went swiftly
67 This, to Pedro
68 Ache

Down
1 Snowball
2 Climb the ladder
3 Bank no.
4 Leave a mark
5 Amazon menace
6 -- Perce tribe
7 Obi-Wan player
8 Pottery bit
9 Mirth
10 Guess
11 Jewelry fastener
12 Without
13 Quick look
21 Carioca's city
23 Pros and --
25 Computer mouthfuls
27 Mooches
28 Great Lakes state
29 Striped antelope
30 Dernier --
34 Suffix for forfeit
35 -- -niner
36 Melting-watch artist
37 Latin I verb
38 Get threadbare
40 Tongue
41 Ailurophobe's fear
43 Hubble component
44 Stiff
45 Greeted warmly
47 Lb. or tsp.
48 Crowd in
49 Pie slice
50 Sea eagles
52 Profs, probably
53 Iowa, to Jacques
55 Soothing herb
56 Comet's gaseous cloud
57 Hardly --
58 "Silent Running" actor
61 Time span

metro.us/sudoku

easy

6	9	3				5		4
	2		9		8		6	
			5					1
2					7			
	3		6		9		4	
			1					3
9					2			
	6		7		4		1	
1		8				2	7	5

hard

2					3			4
6			4	5			8	
	4	1		8	6			
	1			6				5
		7				8		
5				2			7	
			6	9		7	4	
	7			3	4			8
1			5					6

metro.us/horoscopes

Aries Consider your options. Time is on your side, but you must avoid impulsive behavior. Reflect on your experience to figure out how to stabilize your current situation.

Taurus Your generosity and desire to do things for others will put you in a strong bargaining position. Don't be shy; ask and you shall receive.

Gemini Be careful what you say and how you present your services. Offering something you cannot complete will make you look bad. Be honest and responsible.

Cancer Don't let anyone use you. Show some backbone and speak up. Present your ideas and concerns, but don't offer to do the work all by yourself.

Leo Your hard work will bring about unexpected changes that will turn you into a go-to person. Accept a challenge and be proud of your accomplishments.

Virgo Hold off on any investment that isn't a sure thing. Use your intuitive intelligence to guide you to better choices regarding partnerships and money matters.

Libra Don't give up something good for something unknown. Learn all you can before you venture down a less-than-promising path. Stick to what you know.

Scorpio Live your dream. Express your thoughts, feelings and desires. Don't let anyone set boundaries for you. Make your position and options clear, and proceed.

Sagittarius You'll be blocked if you are too vocal about what you are doing. Don't share your plans with others. Do your best to bring about positive change.

Capricorn The past will help you avoid trouble now. Back away from anyone tempting you to get involved in something that is physically or emotionally damaging.

Aquarius Alter the way you present yourself and your abilities. Take any opportunity to invest in your skills. Financial gains are within reach if you do the groundwork.

Pisces Express your feelings and plans. Focus on the good things you have to offer and go out of your way to assist the people you care for and love. EUGENIA LAST

Yesterday's answers

S	L	O	B		M	E	D	I	C		V	C	R	S
H	I	D	E		M	A	R	D	I		O	L	I	O
A	R	I	A		C	R	I	E	S		C	O	M	A
G	A	N	G	S			P	A	C	K	A	G	E	R
			L	A	V	E		L	O	U	T			
G	E	N	E	R	O	U	S			R	I	G	G	S
L	A	O		A	L	B	E	E		D	O	R	I	C
A	T	V	S		T	I	A	R	A		N	E	M	O
D	E	A	L	S		E	L	E	G	Y		E	M	U
E	N	S	U	E			S	C	H	O	O	N	E	R
			G	R	A	B		T	A	D	A			
K	A	N	G	A	R	O	O			A	T	T	A	R
A	L	E	E		M	O	D	E	M		E	R	M	A
T	S	A	R		E	N	D	E	D		R	E	E	F
O	O	P	S		D	E	S	K	S		S	E	N	T

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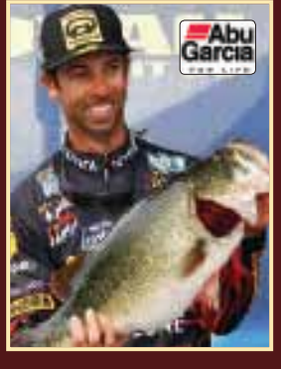

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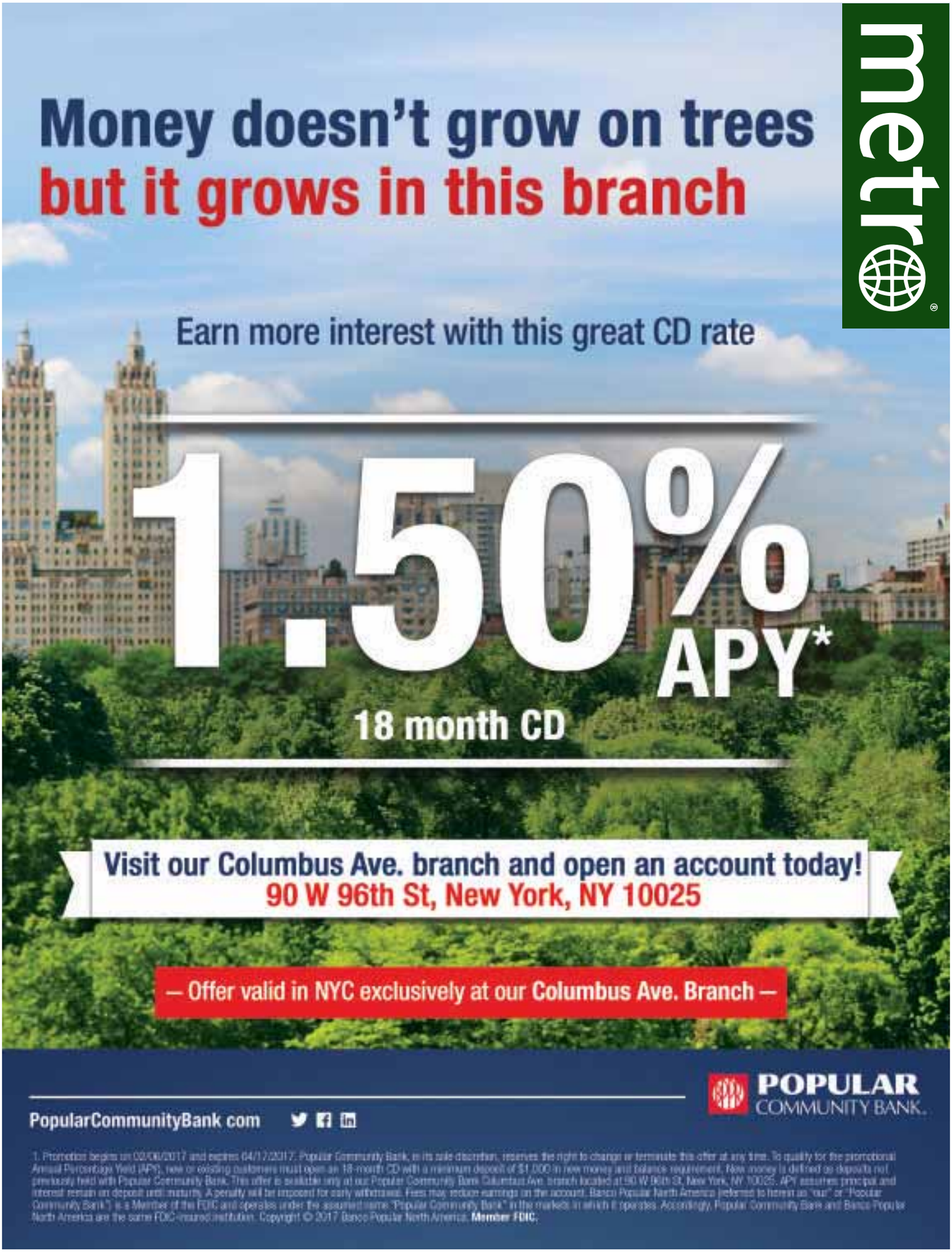
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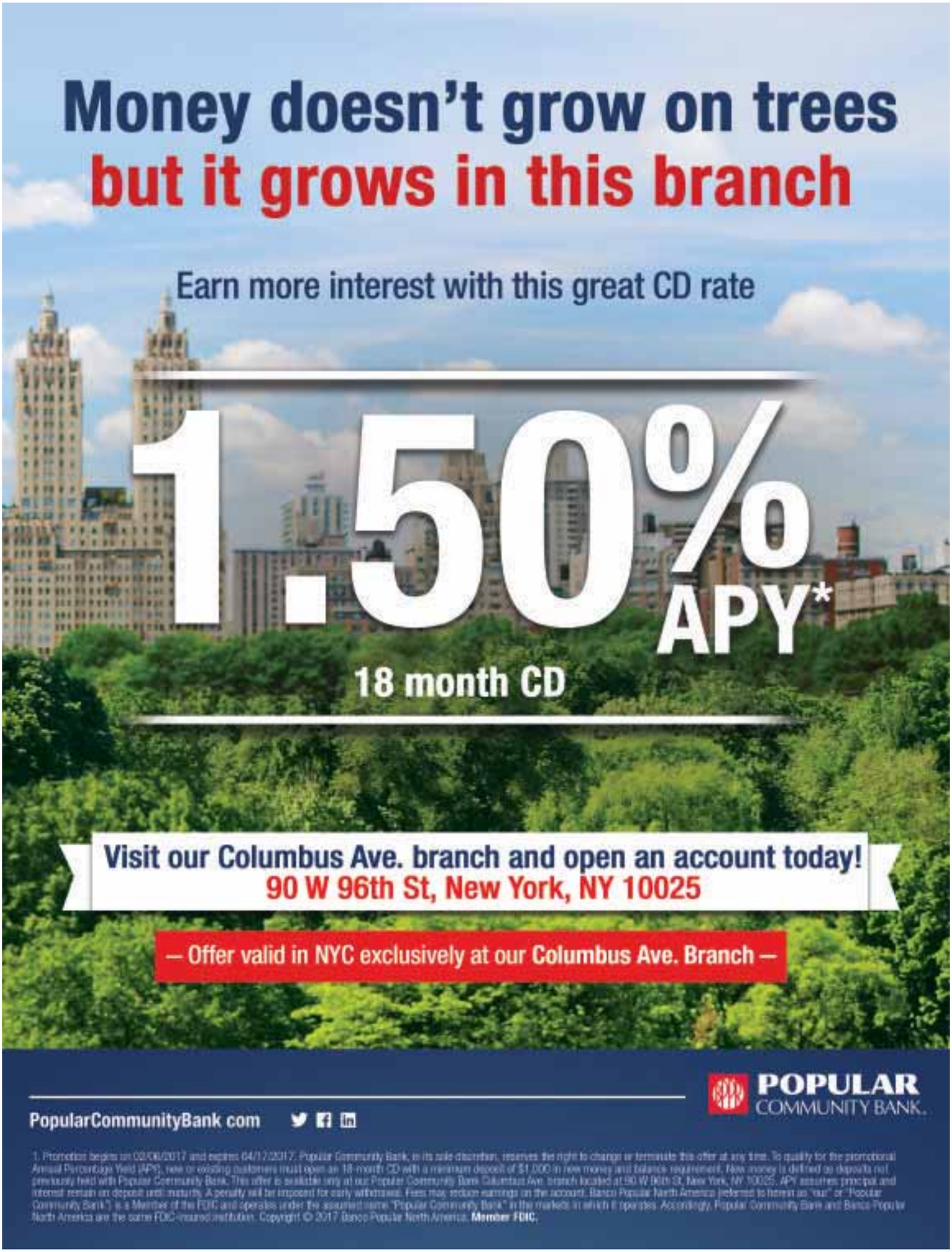
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